

365 fashion rehab

The Year We Did Shop... Wisely

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OUR FIRST YEAR

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F R I D A Y , O C T O B E R

Lust or Must? J. Crew Woolcot Pant

Lust or Must?



J. Crew Woolcot Pant, \$65

Fleece as fashion. Oui ou non? I love the shape of these pants, and can't help but be tempted by their coziness as the nights get cooler. But, I ask you, dear friends, are they too representative of an 80's revival gone wrong? They wouldn't just be worn around the house; I would pair them with slouchy boots, a silky tank and an oversized belted sweater. What about you? How would you wear the Woolcot pant?

Also, as an update to our recent [Lust-Have Lookback](#), I did order the incredibly sassy [Boutique 9 Sandal](#) but had to return them because the fit was not right (the arch was too high for me and ankle strap was very loose, an insanely lethal combo!). So sad! Thank you for your votes!

Lust or Must? J. Crew Woolcot Pant

- ☐ Must! When style and comfort meet it is always a yes!
- ☐ Lust! Unless you feel like \$65 is an appropriate price to pay for PJs.

S T Y L I S H



W E E K L Y
B E L O W



Zara Plaid Cape, \$129.

V O T E F O
N O W !



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Love, A



P O S T3 E6 D5 BF YA SA H I: Q N PC BO HM BE N T S

T H U R S D A Y , O C T O

The Way We Wore - Jays vs. the Mariners

A few weeks ago, I had the great pleasure of being invited to, and ultimately attending, my very first pro baseball game. The lovely and talented CB24 (who has a blog of her own, [read it here](#)) was very generous in extending the invite, knowing I had never been. CB24 is a huge baseball fan and an even bigger Blue Jays fan, so I think the prospect of bringing a ball-game rookie must have been enticing. When we walked into the stadium and she saw the awestruck look pass over my face when I saw the field for the first time, live in person, with my mouth *fully* hanging open and my eyes as big as the Skydome itself, she had to have known she got her money's worth. I was shocked at the emotion that I was filled with, as well, especially since I am more of a hockey girl (Go Leafs Go!). Attending any professional game is an entirely cool experience - I recommend it highly, whether you're a fan or not.

But before we even got there, I had a challenge on my hands; what to wear to the ball park? This is what I came up with and I felt pretty good about it. I was comfortable, warm enough after the sun went down and close enough to see the expressions on the players faces when they came up to bat! Oh, wait, okay that part had nothing to do with my outfit, but still, **so** cool!



Breakin' it down for y'all...

Brown boots

Rose colored bag MO851 (handed down to me from The Mater)

B L O G A R

▼ 2010 (202)

▼ October (5)

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3 6 5 F A S
N O M I N A T



B L O G S W

1000 Awesome Things

A Haute Mess

A.Co Est. 1984

Basic Cravings

Seven jeans (picked up at a sample sale like eight years ago!)

Navy Free People loose-knit sweater

Creamy leather jacket (scored from Anthropologie's sale rack)

Vintage Ray Ban aviators

Love, P

P.S. Special thanks to the exceptionally cute (and helpful) Mr. Darling for taking the snapshots!



P O S T E D B Y B F Y A S A H T I : O S N R P C B O H M B E N T S L A B P E E L , R S D H Y E W W W

W E D N E S D A Y , O C T

Confession of a (Reformed) Shopaholic



I was reading [LouLou magazine](#) the other day (Canada's answer to Lucky and the home to our [latest interview](#)) and though I was thoroughly enjoying the content that the lovely LouLou editors were providing, I was quite taken aback when I came across this ad for Smart Set - a retailer similar to Express in the US). I tell you, I was shocked. Just totally gobsmailed. This ad seemed to fly in the face of *everything* we stand for here at 365FR. Everything it took us twelve long months (and, let's be honest, 20-some odd years) to realize is wholly, completely and truly **false**.

And here it was taunting me, like the aroma of a smooth, oak-y highball of scotch might beckon a reformed alcoholic.

I am embarrassed to confess this, but for a split second moment, I found myself ever so subtly nodding in agreement, the kool-aid hitting my nerve receptors shockingly fast and my better judgement entirely overtaken by the giddiness derived from all the lovely things I had been browsing on the preceding pages. Wait a second! I snapped myself out of this trance with a jolt. "This is bullshit. Yes, you can have enough. Yes, *you can!*", I could hear myself crying out on the inside. "Having enough" is knowing that you have made conscious shopping choices (with or without our help) and that, no matter what, you are worth *so very much more* than the clothes on your back. And you can have that in endless supply, if you so choose.

So, even though I have my eye on an over sized cardi from Smart Set,

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P O S T E D B Y B F Y A S A H T I : O S N R P C B O H M B E N T S L A B C E O L , R S B : R D Y

because im addicted
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the glamourai
The Recessionista™
The Vogue Diaries
To Buy or Not To Buy
Veronika's Blushing
Who What Wear
{this is glamorous}

V I S I T S

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The Lace Report



Lace is sooooo lovely. It is very classic and a definite must for this season. Although these pieces were picked with a Northern Cali climate in mind, they are super versatile and can be worn from East to West (think layers, ladies). Starting with the top left, the [Forever 21 cardi](#) is only \$18 and can be paired with everything from cuffed jeans to a mini-dress. The [Alice + Olivia skirt](#) is pricier at \$200 but is totally timeless. Wear it with opaque tights, a black jersey top, and black booties for a more casual look, or dress it up with sparkly stilettos for an evening cocktail soiree.

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P O S T3 E6 D5 BF YA SA H7 I: 00 N2 PC B0 HM BE N T S
L A B AE ' LS S, AP CI CC BK SSB SOODRYLI SE, US IE TC E P U M

Lust or Must?





Plaid cape from Zara \$129

To cape or not to cape? Too cute or too trendy? Yes to the cape, but no to the plaid? Or, yes please, plaid! Just not on a cape. Ponchos are problematic, though capes can be captivating... Yes? No? No? Yes? Too many questions for just one little red-haired girl. Help, please.

Lust or Must? Plaid Cape

- ☐ Lust! Will you really wear this more than once?
- ☐ Must! The perfect coverup with breathing room. And who doesn't love plaid?

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Love, P



P O S T E D B Y S A H I: O L N R E B O H M B E N T S L A B C E A L P S U E: S T , R R , R Z D A Y R S A T

T H U R S D A Y , S E P T

Lust-Have Lookback - September

The fair month of September started with a bang (or should I say, a preppy-heeled step) when I entered the [Bass black and white spectator slip-ons](#) into the *Lust or Must* arena. Though a great many of you had your say - 50 of you voted (and thank you for that!), a whopping 84% per cent recommended I pass on this two-toned version of the old school penny loafer, calling them a passing trend and therefore, a *Lust*. I, too, soon realized my folly. I mean, what was I thinking? I hate the *word* loafer (and loaf, for that matter), so why would I even consider putting them on my feet?

Next up, **A** posted the [Nine West Kender Bootie](#). Reminiscent of the desert boot of yore, the Kender is an updated (?) version. Sorry **A**, these look just

3 6 5 F R



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like the ones you had in seventh grade! But, you know who you are and what you like to see south of your ankles. However, 53% of you said these were a *Lust* a.k.a "*Lust! These booties are dry as the desert (yawn)*" while 46% of you considered them to be a *Must*.

The faux fur vest from Urban Outfitters popped up next on the LoM radar and caused a bit of stir.

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P O S T 3 E 6 D 5 B F Y A S A H T I: Q 2 N 3 P C B O H M B E N T S L A B L E U L S S T: , R R , R S D H Y O S E T S

W E D N E S D A Y , S E P

Lanvin For H&M: Êtes-vous excités?

To reply to my above question (English translation: "Are you excited?"), the answer is an emphatic YES! I have always been a fan of the high-low designer collaborations (Anya Hindmarch for Target from 2 years ago still makes me feel giddy) but these days it seems like everyone is teaming up with just about anyone to do some kind of "designer for the masses" line. However, in the case of Lanvin for H&M, I couldn't be more excited! This is one capsule line that could truly be worth fighting a 250 person in-store line-up just to be the first to nab that stylish yet inexpensive shift dress in your size.



Alber Elbaz (Lanvin's very ingenious and successful creative director since 2001) is also the man behind Lanvin for H&M, and I have a very important question for him. Monsieur Elbaz, are you listening? If so, will you be making a fabulous ballet flat for H&M that we all will be able to afford? I have been lusting after Lanvin ballet flats (metallic ones pictured above from [net-a-porter.com](#), \$520) for so many years, but even at the most reduced sale price of \$400 I still haven't been able to justify that purchase. I also am a huge fan of Lanvin's brightly colored cocktail dresses and can only assume that they will be part of the mix. Yummy.

While we wait very impatiently for the collection to arrive (November 23rd, ladies *and* gents) **P** and I have entered H&M's contest to be crowned the favorite blog of the people, and to be the one and only website worldwide to debut the exclusive trailer to the Lanvin for H&M runway show. That means everyone on the planet would have to come to 365 Fashion Rehab to see the collection before it hits the stores. Unbelievable! So if you haven't voted yet, please look to the right of this post (those email subscribers please click on the title of this post to lead you to our actual blog page) and click to vote for our blog!

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P O S T 3 E 6 D 5 B F Y A S A H T I 2 O: N L 2 2 R C P O H M M A B E N T S L A B C E O L N S, T I M L S A T N V V O I T N E F O R U S

Reader SOS! Belted Cardigans



1. Vince Cable Cardigan, \$325 **2. Old Navy Cocoon Cardigan**, \$37 **3. Wrapped Diamonds Cardi**, Anthropologie, \$148 **4. Roxy Wrapped Around You Belt**, \$38 **5. Dorothy Perkins Suede Belt**, \$19 **6. AE Fair Isle Cardi**, \$69.50 **7. Dex Cape**, \$88

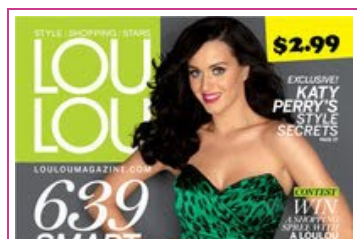
My friend Shelly recently had a baby (as in two weeks ago) and she had asked me to keep an eye out for belted cardigans for her. She wanted something cozy but stylish, and liked the idea of using a belt to create a slender silhouette while she sheds the post-baby weight. Fortunately blanket and belted cardigans are super hot this season, so there were lots to choose from in various price ranges.

The sweaters from American Eagle and Dex don't come with their own belts but you can always use one from your collection to create your own cinched waist effect,

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365 FR Featured on Lou Lou Magazine.com!





[Lou Lou's current issue, featuring the adorable Katy Perry](#)

One of our fave Canadian fashion mags asked us to answer some questions about the year we went without, what we're lusting after for fall and what we are looking forward to for winter (fashion-wise)! To read it, click [HERE](#).

We thought their questions were fantastic and had a great time answering them. Plus, we love that Lou Lou, a shopping magazine, had the guts to feature us, even though this all started because we decided to *stop* shopping. The editors at Lou Lou could see right away what we have been saying from the very beginning; we are not anti-shopping, we're pro *conscious shopping*.

So thank you, Lou Lou (and Ms. **S**)!

Love, A&P

P.S. To follow the fab Lou Lou mag on Facebook, click [here](#).



P O S T E D : B F Y A S A H T I : C S N P E O H M I B E N T S L A B L E O L U S P : R C U S

F R I D A Y , S E P T E M E

Lust or Must? Boutique 9 T-Strap Sandal



Boutique 9 Stefana Sandal, [Bluefly.com](#), \$119 (orig. \$170)

I bet you are wondering how a now conscious shopping Fashion Rehab graduate could ever justify buying these vampy little sandals (and in the

off-season, no less)! Well here is my answer. Sometimes, every once in a while, an item comes along that isn't necessarily classic or considered an investment piece, it is just plain fabulous and you need to go for it. Knowing how you look to 365FR for wise shopping advice meant I couldn't possibly sign off on this post without a list of the 5 reasons why I think it is okay for me to buy these peep-toed beauties.

BOUTIQUE 9 SANDAL JUSTIFICATION LIST:

1. I do not own any t-strap sandals.
2. Nor do I own any shoe in this color combo.
3. They are a great price (and are genuine leather, of course).
4. They will be smokin' hot with many a different outfit.
5. They actually suit my **LBC (Lifestyle)** - great for girls nite, cocktail parties, formal events. **Budget** - coming in at around \$100 suits me just fine. **Climate** - I can wear open-toed shoes about 80% of the time in Northern California).

Lust or Must? Boutique 9 T-Strap Sandal

- ☐ Must! Some things are too good to pass up!
- ☐ Lust! You didn't convince me. You'll be over them before you even open the box.

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Love, A



P O S T 3 E 6 D 5 B F Y A S A H T I : O N R C B O H M B E N T S
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